

# SHOULD I COMPOST or RECYCLE . . .

## Take-Out Food Containers and Other Food Service Products (Plates, Bowls, Cups, etc.)?

Many food service products can be composted or recycled. At restaurants, posters and signage show you what to compost and what to recycle. At home, use this flyer to check your items against the requirements.



**Put these items in your food and yard waste cart:**

**Uncoated paper containers, plates, bowls and pizza boxes**



Many items labeled “Compostable” or “PLA” and all items that display the Cedar Grove logo

See “compostable products” at [cedar-grove.com/compostable/accepted-items](http://cedar-grove.com/compostable/accepted-items)



**Meat and produce foam trays**

Compostable foam trays are beige-colored and made of “PLA”.

- All other foam-type trays go in the garbage.



**Is it PLA or is  
it PLASTIC?  
It’s easy  
to tell the  
difference ...**



Look for “PLA” on the bottom of “plastic-like” items.

## Why is some “plastic” compostable and other plastic recyclable?

Products marked “PLA” (polylactic acid) are made with plant-based materials such as corn, wheat straw and grasses. Unlike traditional petroleum-based plastics, these materials break down during the composting process.

**SEE PLA**



**THINK  
PLANT**



**Petroleum-based plastics can be RECYCLED, but they CANNOT BE COMPOSTED.**

**PLA coated paper board can be COMPOSTED, or IF CLEAN, can be RECYCLED.**

**PLA “clear plastics” can be COMPOSTED, but they CANNOT BE RECYCLED.**



## Put these items in your recycling cart:

Empty or rinsed paper items with a shiny coating



Empty or rinsed rigid plastic containers **NOT** marked “compostable” or “PLA”



[seattle.gov/util/MyServices/](http://seattle.gov/util/MyServices/)

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